

DELICIOUS DUELS

gastropost

FOOD MISSIONS FOR FOOD LOVERS

TORONTO

YOUR MISSION COMPLETED:


FRIES vs. SIDES

Toronto Gastroposters really side dished it out for this week's mission! But while onion rings and other things put up a good fight, they were no match for french fries. On these pages, **Instagram handles are in brown.**

59%

TEAM FRIES





Susan Willemssen
@thesirengroup

Fries! The all-in combo at Hidden Burger: hand-cut fries, skins on, salted, peppered and served with secret jalapeño dipping sauce. Oh, and a cheeseburger and pop.



Claudia Ehamparam
@6ixeatsthecity

Fully loaded shotgun fries with spicy chipotle from Sliders in Etobicoke



Ify Ogbue
@ify.yani

I'll have a side of sweet potato fries, please



Janice Wong
@janice.xo

Mussels and fries



Liela Bour
@bour_eats

Fries with a side of fries



Janey Tso
@foodrealm

The best thing to happen to a potato. Posting on behalf of National Fry Day!



Isobel Medel
@eatabel

Steak and truffle frites salad from Hilton Toronto's Tundra restaurant



Chris Cheong
@yummmto

Is it a side if your pita is stuffed with chicken gyros, tzatziki and fries?



Lauren Toyota
@hotforfood

Fries go great with our vegan clubhouse sandwich and many other things



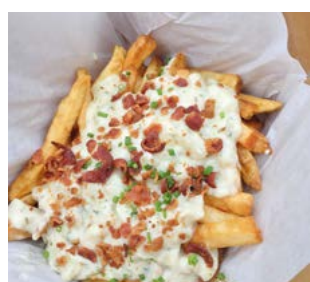
Jingwen Wang
@jingjie

Sweet potato fries made from yellow sweet potatoes. Very yummy



Linda Matarasso
@lindamatarasso

Moo Frites



Sheila Gu
@sheila.bear

Chowder fries at Front Street Foods



Mohit Gogna
@avegetarianintoronto

Golden fries covered in gravy and cheese curds from Utopia Café and Grill

41%

TEAM SIDES



Dan Collett
@dancollett

Love me some grilled asparagus



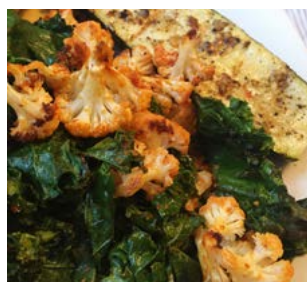
Lynn Gionette
@what_lynn_ate

Sometimes nothing beats a nice side of beets. Yum!



Christine Cappuccitti
@chriscskitchen

Zucchini and pear side, no fries needed!



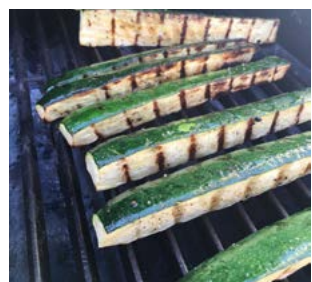
Carolline Bignell-Langer
@carollinelanger

My summer sides are red Thai curried cauliflower, kale and grilled zucchini



Shanea Rakowski
@shaneasavours

A typical side dish in Italy



Robyn Hunt
@r0bynmichelle

Grilled zucchini is the ultimate summer side



Loreta Palmeri
@loretaskitchen

Fries or sides? How about zucchini blossoms and fritters?



Sonia Parisi
@cucinamiawb

Collards sautéed with shallots and bacon to complement my chicken breast



Caroline Dumont
@carefulindulgence

Curried roasted sweet potato salad with turkey bacon



Robert Abraham
Frequent Gastroposter

Grilled asparagus is never wrong as a side. Ever



Sara Verk
@thekitchensinkblog


Baked sweet potato crisps kicked up with a special piccantissima sauce



Yanis Voustad
@yanis_972

My version of the iconic poutine with churro fries





Kristen Vander Hoeven
First-time Gastroposter

Cauliflower has become the ultimate staple side dish in my home. The possibilities are endless. This particular miso glazed cauliflower is one of my favourites.

YOUR FOOD COULD BE IN THE PAPER, TOO



McDonald's® invited Gastroposters and guests to participate in our Gastropost Outpost: McDonald's Edition. For this in-person mission, Gastroposters used the **Create Your Taste** menu to showcase their must-try burger toppings. Here are some of the works of art that were made.

WINNER: McDONALD'S \$50 GIFT CERTIFICATE



Nancy Nguyen
@ensquairedlovesfood

Thanks McDonald's and Gastropost for hosting the Create Your Taste event, where I had the opportunity to create my own personalized burger. The sun-dried tomato pesto is the secret ingredient!



Cindy Leung
@wakeupeatthis
At the Create Your Taste night at McDonald's and I got to build my own burger!



Renée Roman
@reneeskitchen
Create a burger delight

RUNNER-UP: McDONALD'S \$25 GIFT CERTIFICATE



Shawna Fraser
@foodonesix
My taste creation!



Lorena Lanzaderas
@dewskitchen
Double delight, double the taste



Devon Liu
@foodsoftoronto
At the McDonald's event trying a Create Your Taste burger

MORE TEAM FRIES



Libby Roach
@cookiespi
Fries all the way! These tasty ones are from Bar Reyna



Camille West
@thesavourycellar
Peking duck poutine is the ultimate guilty pleasure



Lisa Gnat & Julie Albert
@bitememore
National French Fry Day



Marni Wasserman
@marniwasserman
Sweet potato fries are the perfect compliment to any and every meal



Siobhan Lau
@signedbysl.eats
Fries



Jenna Fitchett
@jfitch90

I love fries as a side and a main course, especially if they come from a truck.



Janice Choi
@bluntfoodreview
A decent amount of snow crab on these chip truck-style fries



Ruby Camille Vallejos
@havesomeofthis
Sinigang fish tacos from Merienda at Night it Up with ube fries



Carina Chang
@food_fashion_and_finds
Chillin' by the pool with friends and fries

JOIN US!

- ✓ Get your food pics & ideas published in the National Post
- ✓ Be the first to find out about new missions
- ✓ Get your very own Gastrosketch

YOUR NEXT MISSION: BLENDING IN

It's hot out there! And we trust that Gastroposters are looking to quench their thirst in creative and delicious ways! Well, nothing brings big and bold flavours together like blenders. From fusion fruit juices to stunning smoothies to classic cocktails, a blender turns beverages from bland to brilliant. This week, **we want to see what blenders bring to your summer!** And for those of you who are feeling more peckish than parched, no problem! Salsas, sauces and soups are among the many savoury foods made better with blenders. So whether you're looking to stay hydrated or satisfy your hunger, **show us how you're blending in this summer!**

MISSION INSPIRATION



"This morning's green goddess smoothie," Gastroposter **Laura Stolf** says of this inspired blended beverage. "I used garden fresh kale and strawberries. Great way to get some awesome into one's day!" Great way to get an awesome start to this week's mission, Laura!

GASTROPOST IT

Whatever you eat in order to complete the mission, **the important part is sharing it with the Gastropost community.** There are several ways to do that:



Follow us on Instagram and tag a photo with #gastropost



Post a photo through Twitter and tag it with #gastropost



Post directly to our website

Visit gastropost.com to see what your fellow Gastroposters have been eating.

gastropost.com

DON'T HESITATE TO GET IN TOUCH WITH US. WE'D LOVE TO HEAR FROM YOU.

Email us at hello@gastropost.com

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